

Help me grow up to be a healthy eater.



Help me learn that eating foods from the Food Guide Pyramid makes me strong and helps me grow. Teach me that I should eat only a little of foods found in the tip of the Pyramid.

Teach me that breads, cereals, rice, and pasta give me energy to grow and learn and that fruits and vegetables help me look and feel good. Teach me that milk and cheese make my bones and teeth strong and that meats and beans give me healthy blood and strong muscles. I need all of these food groups!

**Let's eat
together.**

We can start with breakfast. We can talk about what we will do today and what foods we are eating. Tell me where eggs come from. Does a chicken talk? How many eggs are in a carton?

Let me choose how much food I want to eat at each meal. Let me stop eating when I am full.

- Offer me breakfast, lunch, and dinner and 2 healthy snacks in between. Do not let me eat or drink all day long. I should drink water between meals and snacks.
- Teach me to eat because I am hungry, not because I am good or I am hurt. Do not use food to reward me or to make me obey.

Use the Food Guide Pyramid to choose healthy foods.

Every
day
offer
me:

I only need a little

Fats, Oils, and Sweets

2 or more servings

One serving is:

- 1 ounce (4 tablespoons) meat, poultry, fish
- 1 egg
- 1/2 cup cooked beans or tofu



**Meat, Poultry,
Fish, Dry Beans,
and Eggs Group**

4 servings

One serving is:

- 3/4 cup milk or yogurt
- 1 slice cheese



**Milk, Yogurt,
and Cheese Group**

2 or more servings

One serving is:

- 4 to 5 tablespoons cooked fruit
- 1/2 piece of fruit
- 1/2 cup 100% fruit juice



Fruit Group

3 or more servings

One serving is:

- 4 to 5 tablespoons raw or cooked vegetables
- 1/2 cup vegetable juice



Vegetable Group

6 or more servings

One serving is:

- 1/2 to 1 slice bread or tortilla
- 4 to 5 tablespoons cooked rice or pasta (noodles)
- 4 to 5 tablespoons cooked cereal
- 1/2 cup ready-to-eat cereal
- 4 to 5 crackers



**Bread, Cereal, Rice,
and Pasta Group**

Look what I can do!



- I can use a fork and spoon to feed myself. I can learn to use a dull knife to spread peanut butter. I can help pass foods like bread at the table.
- I like to tell stories. Can we make up a special story book? We can glue pictures on pieces of paper and tie them together. Please listen while I tell you the story.
- I can say "Please," and "Thank you." I can sit for 20 to 30 minutes when we eat our meals.
- I can hop on one foot! Watch me hop like a bunny! Hop with me.
- I can count. When we shop, let me count the fruit as we put it in a bag. Let me count the cans of WIC juice we buy.

My WIC milk



• Which WIC milk is best for me?

I can get different types of milk with my WIC checks. At the store, we can choose milk that is

Whole

Reduced Fat (2%)

Low Fat (1%)

Fat Free (nonfat)



All of these types of milk have the same amount of calcium, vitamins, and protein. The only difference is the amount of fat in them. Whole milk has the most fat and fat free milk has no fat.

Health and Safety Tips

I can drink milk that has less fat in it. We can start with reduced fat milk. By the time I am 5, I can drink low fat milk.

I can also get WIC cheese that is low fat. Ask the WIC staff about the right kind of milk and cheese for my age.

- Buckle me into a booster seat when I ride in a car.
- Take me to the doctor once a year to make sure I am healthy. I may need shots at my next visit.
- Help me brush and floss my teeth every day. Make sure I spit out the toothpaste.
- Take me to the dentist at least once a year.
- Put sunscreen on me before I play outside.
- Keep me away from cigarette smoke—at home and away from home.
- Teach me rules for safety and help me follow them.

Office of the Maryland WIC Program

1-800-242-4WIC

Parris N. Glendening, Governor

Georges C. Benjamin, MD, Secretary

This institution is an equal opportunity provider and employer.

Help me **be healthy**



4 to 4½ years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
